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ABSTRACT:

PURPOSE: To obtain a yogurt, containing a medicinal ginseng without any muddy odor and bitterness peculiar to the ginseng and capable of ingesting active ingredient without feeling of resistance.

CONSTITUTION: A medicinal ginseng, such as Panax ginseng C.A. Meyer, Panax japonicus C.A. Meyer, Panax quinquefolium L., Panax notoginseng (Burk) F.H. Chen or Eleutherococcus senticosus, is pulverized and unnecessary skin or fibers are removed to provide a medicinal ginseng juice. Lactic acid bacteria are then added to the resultant juice and subjected to carry out lactic acid

fermentation under anaerobic condition, preferably at 35&sim;45&deg;C to afford the aimed yogurt.

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